



Federal rule on Title IX is a ruse to require trans sports participation, GOP states say

By ANDREW DeMILLO
Associated Press

LITTLE ROCK, Ark. (AP) — The Biden administration has put on hold a plan to prohibit across-the-board bans on transgender athletes on school teams during an election year in which Republicans are rallying around restrictions on trans youths. But GOP state leaders are making sure voters know the issue is still on the table.

At least two dozen Republican-controlled states have sued over a different federal regulation being implemented to protect the rights of transgender students that they argue would require governments to allow transgender girls to play on girls teams. The rule they are challenging doesn't specifically mention transgender athletes.



Students from Monarch High School in Coconut Creek, Fla., walk out of the school building Nov. 28, 2023, in support of a transgender student who plays on the girls volleyball team.

Continued on Page 2

Associated Press
Page 2

LIVE ENTERTAINMENT 7 DAYS A WEEK

SUNDAY:	MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY:
MARRYBELL MADURO SINGER 6:30 - 8:30pm	ANGELA FLORES VIOLINIST 6:30 - 8:30pm	JEAN PAUL SAXOPHONIST 6:30 - 8:30pm	EDDIE KROON SINGER 4:00 - 6:00pm MAILLEYN ALVARADO VIOLINIST 6:30 - 8:30pm KARAOKE 9:00 - 11:00pm	MARRYBELL MADURO SINGER 6:30 - 8:30pm	RICKY THOMAS GUITARIST 7:00 - 9:00pm	EDDIE KROON SINGER 4:00 - 6:00pm ANGELA FLORES VIOLINIST 6:30 - 8:30pm

WATER'S EDGE RESTAURANT & BAR

coستا Linda beach resort

Happy Hour 12 - 1 / 4 - 6 / 9 - 10

PREMIUM BRANDS

Tel +297 583 8000 Ext. 8106 | Reservations at wateredge-aruba.com | Elegant dining, spectacular ocean views enjoyed al fresco or in air conditioned comfort | Located at Costa Linda Beach Resort

FATHER'S DAY Tournament

JUNE 16, 2024

#1 DAD

25 Players or More
SIGN UP AT 5PM
TOURNAMENT STARTS AT 6PM
7 PLAYERS OR MORE
BUY-IN BEFORE JUNE 16 &
RECEIVE 5,000 EXTRA CHIPS

First Prize
Guaranteed TCPS MAIN EVENT SEAT + CASH

BUY-IN: Buyin \$50,- + \$10,-
Get 7,000 in Chips

RE-BUY: Re-Buy \$35,-
Get 9,000 in Chips (Unlimited)

ADD-ON: Add On \$25 x 1
12,000 in Chips

THE CASINO RAUBO

CARIBBEAN POKER SERIES

Sponsored By: **Balashi**

Federal rule on Title IX is a ruse to require trans sports participation, GOP states say

Continued from Front

It spells out that Title IX, the landmark 1972 law originally passed to address women's rights at schools and colleges receiving federal money, also bars discrimination based on sexual orientation and gender identity.

Republicans now are trying to keep the focus on sports, appealing to parents' and athletes' sensitivities over fairness in competition. They have student athletes signing on as plaintiffs and appearing alongside attorneys general at news conferences announcing the lawsuits. The states argue the new rule would open the door to forcing schools to allow transgender athletes to compete on teams aligning with their gender identity, even if the rule doesn't say so specifically. They may have a point.

The new regulation "gives a pretty good sense that says, 'You can't have a rule that says if you're transgender, you can't participate,'" said Harper Seldin, an attorney for the American Civil Liberties Union, which has represented trans athletes in unrelated cases.

He said that while he hopes separate sports-related regulations will back that up, that's not yet clear.

Advocates for transgender athletes say the GOP officials' claims are more rooted in politics than reality and are aimed more at undercutting litigation against state restrictions on transgender athletes.

"It is puzzling that these folks are talking about challenging a rule that does not do what they say is the thing they're objecting to," said Cathryn Oakley, senior director of legal policy for the Human Rights Campaign, a leading LGBTQ+ advocacy group. "It's pretty hard to see how they can expect to be taken seriously when they don't see to know what the content of the rule they're challenging is."

And many transgender youths and their families say restrictions unfairly paint trans athletes as a



Arkansas Attorney General Tim Griffin speaks as Missouri Attorney General Andrew Bailey, right, Arkansas Solicitor General Nicholas Bronni, second from left, and high school athlete Amelia Ford, left, listen at a news conference in Little Rock, Ark., May 7, 2024, about a lawsuit challenging a new regulation aimed at protecting the rights of transgender students in schools.

Associated Press

risk. Erik Cole-Johnson, a New Hampshire father who spoke against a proposed ban, said being able to compete in cross-country running and Nordic skiing has allowed his daughter to flourish.

"My daughter's not a boogeyman; my daughter's not a threat," Cole-Johnson told a state Senate panel in April as it heard the bill, now on Republican Gov. Chris Sununu's desk. "Transgender girls are not a threat."

New Hampshire is not among the states challenging the rule. The GOP challenges have been filed in several federal circuit courts in hopes that one will halt the new rule before it takes effect in August. Several states, including Arkansas and Oklahoma, have also said they don't plan to comply.

The White House originally planned to include a new policy forbidding schools from enacting outright bans on transgender athletes, but that was put on hold in what was widely seen as a

political move to avert controversy before the fall election. The Education Department said it has received more than 150,000 public comments on the athletics policy but didn't give a timeline for release of the rule.

A lawsuit filed by Kansas Attorney General Kris Kobach said the lack of guidance on athletics in the rule that instead is taking effect is a "red herring," given the department's default position that Title IX doesn't allow discrimination based on sex. Many states challenging the rule have also enacted laws placing restrictions on transgender athletes, as well as on the restrooms and changing rooms they can use or pronouns they can be addressed by at school, policies that could also be voided by the regulations.

"I don't want any girl to lose her right to a fair playing field or her right to use a safe place to change," said Amelia Ford, a high school basketball player from Brookland, Arkansas, who is a plaintiff in a lawsuit filed

in federal court in Missouri challenging the enacted rule.

In the discussion over trans people competing in sports in line with their gender identity, each side points to limited research that backs their viewpoints about whether trans women and girls have an edge over cisgender women and girls. By some accounts, given the relatively small population of transgender people — a bit over 1% of all people ages 13-24 nationwide, according to estimates by UCLA Law's Williams Institute — and the even lower number of those who compete, disputes over fairness in school sports don't appear to be widespread. Many lawmakers who have pushed for athletic bans haven't cited examples in their own states, instead pointing to a handful of high-profile cases elsewhere, such as swimmer Lia Thomas.

When Arkansas Gov. Sarah Huckabee Sanders signed an executive order refusing to comply with the latest

Title IX regulations, she was joined by former Kentucky swimmer Riley Gaines, who was among more than a dozen college athletes who sued the NCAA for allowing Thomas to compete at the national championships in 2022.

The lawsuits also come as GOP states try to get the U.S. Supreme Court to weigh in on their restrictions on transgender athletes. West Virginia is appealing a ruling that allowed a transgender athlete to compete on her middle school teams. The ruling last month from the 4th U.S. Circuit Court of Appeals found that the ban violated the student's rights under Title IX.

"Many of these cases are premature and certainly just trying to undercut the basic notion that trans students are protected under Title IX and attempting to continue the exclusions that we have seen in states across the country with respect to athletics," said Paul Castillo, an attorney with Lambda Legal. □

Congressional leaders invite Israel's Netanyahu to deliver an address at the Capitol

By LISA MASCARO and MARY CLARE JALONICK

Associated Press

WASHINGTON (AP) — Congressional leaders have invited Israeli Prime Minister Benjamin Netanyahu to deliver an address at the Capitol, a show of wartime support for the longtime ally despite mounting political divisions over Israel's military assault on Gaza.

The invitation from House Speaker Mike Johnson, a Republican, and Senate Majority Leader Chuck Schumer, a Democrat, along with Senate Republican leader Mitch McConnell and House Democratic leader Hakeem Jeffries, has been in the works for some time.

No date for the speech was set.

Leaders said the invitation was extended to "highlight America's solidarity with Israel."

"We invite you to share the Israeli government's vision for defending democracy, combatting terror and establishing a just and lasting peace in the region," they



Israeli Prime Minister Benjamin Netanyahu chairs a cabinet meeting at the Kirya military base, which houses the Israeli Ministry of Defense, in Tel Aviv, Israel, on Dec. 24, 2023.

Associated Press

wrote.

The invitation comes as the Israel-Hamas war, now in its seventh month after the Oct. 7 surprise attack by the Palestinian militant group, has caused widespread concerns in the U.S. and abroad over Israel's conduct and the extensive

civilian death toll.

A speech by Netanyahu would almost certainly expose election-year divisions in the U.S., where a growing number of Democrats have turned away from the right-wing prime minister, while Republicans draw closer to the Israeli leader.

As Israel pushes into Rafah in Gaza, the International Criminal Court has accused Netanyahu and his defense minister, along with three Hamas leaders, of war crimes — a largely symbolic act but one that further isolates the Israeli leader.

President Joe Biden in supporting Israel's right to defend itself against Hamas lambasted the ICC's case against Netanyahu, but he has nevertheless grown critical of Israel's war plans, and has pressed for assurances of humanitarian aid. It is unclear if Biden and Netanyahu would meet in Washington.

In Congress, the debates over the Israel-Hamas war have been pitched, heated and divisive, amplified during the college campus protests this spring, showing how the once ironclad support for Israel has weakened and splintered.

Schumer, who is the highest ranking Jewish elected official in the U.S., delivered a stinging rebuke of the Israeli leader in March, saying in speech that Netanyahu had "lost his way."

Republicans, including presumptive GOP presidential nominee Donald Trump, have been eager to display their support for Netanyahu and expose the Democratic divisions over Israel. □

Air National Guard unit that was suspended after classified documents leak will restart mission

By LOLITA C. BALDOR

Associated Press

WASHINGTON (AP) — The Air National Guard intelligence unit involved in the massive classified documents leak by an airman last year has been recertified and will return to its mission on Saturday after months of investigations, improvements and inspections, the Air Force said.

The 102nd Intelligence, Surveillance and Reconnaissance Group was suspended in mid-April 2023 after Massachusetts Air National Guard member Jack Teixeira was arrested over leaking highly classified military documents about the war in Ukraine and other national security secrets.

Gen. Kenneth Wilsbach,

who heads Air Combat Command, approved the recertification of the unit after an inspection team did a final review, Air Force spokeswoman Ann Stefanek said Friday. She said Defense Secretary Lloyd Austin and Air Force Secretary Frank Kendall concurred with the decision.

A team from the 480th Intelligence Wing at Joint Base Langley-Eustis, Virginia, spent two weeks watching the unit do its mission as the final step in the review process.

In a statement Friday, the Massachusetts National Guard said the airmen look forward to returning to their mission.

"With the knowledge gained from this challeng-

ing experience, we welcomed the opportunity to help identify problems with Air Force processes that could jeopardize the safe handling of classified information in both the active duty and reserve components," the Guard said, adding that the Wing implemented changes to ensure any unauthorized disclosure of classified information doesn't happen again.

The ISR group is part of the 102nd Intelligence Wing, based at Otis Air National Guard Base in Cape Cod, Massachusetts. As part of the recertification process, the Wing put in a new organizational structure to improve oversight of the group's operations, made

a number of required changes in other security procedures and fixed other problems that were identified in an investigation by the Air Force inspector general, Stefanek said.

The leaks raised questions about how a single airman could remove documents undetected, why there were no security procedures in place to prevent it and how the documents lingered online for months without anyone realizing it. There are strict rules for the handling of top secret information across the military. The inspector general's investigation, released last December, found a wide range of security failures and concluded that multiple officials intentionally

did not take action on Teixeira's suspicious behavior. The Air Force disciplined 15 personnel in connection with the problems, ranging from removing people from command posts to other non-judicial actions, such as putting letters in service members' files.

According to the review, personnel had access to classified documents without supervision and there were instances when Teixeira was caught violating security policies but those who caught him took no action.

Teixeira worked as a cyber transport systems specialist, essentially an information technology specialist responsible for military communications networks. □

Vermont becomes 1st state to enact law requiring oil companies pay for damage from climate change

By LISA RATHKE
Associated Press

Vermont has become the first state to enact a law requiring fossil fuel companies to pay a share of the damage caused by climate change after the state suffered catastrophic summer flooding and damage from other extreme weather. Republican Gov. Phil Scott allowed the bill to become law without his signature late Thursday, saying he is very concerned about the costs and outcome of the small state taking on "Big Oil" alone in what will likely be a grueling legal fight. But he acknowledged that he understands something has to be done to address the toll of climate change. "I understand the desire to seek funding to mitigate the effects of climate change that has hurt our state in so many ways," Scott, a moderate Republican in the largely blue state of Vermont, wrote in a letter to lawmakers. The popular governor who recently announced that he's running for reelection to a fifth two-year term, has been at odds with the Democrat-controlled Legis-



A small tractor clears water from a business as flood waters block a street, July 12, 2023, in Barre, Vt.

Associated Press

lature, which he has called out of balance. He was expected by environmental advocates to veto the bill but then allowed it to be enacted. Scott wrote to lawmakers that he was comforted that the Agency of Natural Resources is required to report back to the Legislature on the feasibility of the effort. Last July's flooding from

torrential rains inundated Vermont's capital city of Montpelier, the nearby city Barre, some southern Vermont communities and ripped through homes and washed away roads around the rural state. Some saw it as the state's worst natural disaster since a 1927 flood that killed dozens of people and caused widespread destruction. It

took months for businesses from restaurants to shops to rebuild, losing out on their summer and even fall seasons. Several have just recently reopened while scores of homeowners were left with flood-ravaged homes heading into the cold season. Under the legislation, the Vermont state treasurer, in

consultation with the Agency of Natural Resources, would provide a report by Jan. 15, 2026, on the total cost to Vermonters and the state from the emission of greenhouse gases from Jan. 1, 1995, to Dec. 31, 2024. The assessment would look at the effects on public health, natural resources, agriculture, economic development, housing and other areas. The state would use federal data to determine the amount of covered greenhouse gas emissions attributed to a fossil fuel company. It's a polluter-pays model affecting companies engaged in the trade or business of extracting fossil fuel or refining crude oil attributable to more than 1 billion metric tons of greenhouse gas emissions during the time period. The funds could be used by the state for such things as upgrading stormwater drainage systems; upgrading roads, bridges and railroads; relocating, elevating or retrofitting sewage treatment plants; and making energy efficient weatherization upgrades to public and private buildings. □

1 Malaysian climber dead, 1 rescued near the top of Denali, North America's tallest mountain

By BECKY BOHRER
Associated Press

JUNEAU, Alaska (AP) — A climber from Malaysia who was stranded for three days near the top of North America's tallest mountain following a summit push was rescued Friday, but his partner was dead, officials said. A third member of their team had been rescued this week after descending lower on Denali in Alaska. After days of cloudy, windy conditions, personnel from Denali National Park and Preserve on Friday morning were able to rescue the surviving climber at 19,600 feet (5,974 meters), where he and his partner had

been holed up in a snow cave since late Tuesday, according to the park.

Late Thursday, the park's high-altitude helicopter pilot was able to drop a



Sightseeing buses and tourists are seen at a pullout popular for taking in views of North America's tallest peak, Denali, in Denali National Park and Preserve, Alaska, Aug. 26, 2016.

Associated Press

bag with survival gear near the snow cave and saw a climber waving at him, but strong winds prevented a rescue at that time, the park said.

It was not clear to rescuers whether one or both of the climbers was alive until Friday morning's rescue, park spokesperson Paul Ollig said by email.

He noted in part limited communications with the climbers after rangers first received an SOS from the three-member team at 1 a.m.

Tuesday indicating they were hypothermic and unable to descend after reaching Denali's 20,310-foot (6,190-meter) summit.

Officials are still gathering information about what happened, and the language barrier has been challenging, Ollig said. The climbers are from Malaysia. "All we know right now is that the deceased climber died approximately two days ago," Ollig said by email. The climber rescued Friday was medevaced to an Anchorage hospital for additional care and "was in surprisingly strong condition, walking on his own even, considering what he endured," Ollig said, adding that additional information about him and the other survivor would not be released by the park. □

Israel confirms its forces are in central Rafah in expanding offensive in the southern Gaza city

JULIA FRANKEL

JERUSALEM (AP) — The Israeli military confirmed Friday that its forces are operating in central parts of Rafah in its expanding offensive in the southern Gaza city.

Israel launched its ground assault into the city on May 6, triggering an exodus of around 1 million Palestinians out of the city and throwing U.N. humanitarian operations based in the area into turmoil. Still, it has yet to amount to a "major operation" in the eyes of U.S. President Joe Biden's administration, according to the State Department.

Biden said Friday that Hamas is "no longer capable" of carrying out another large-scale attack on Israel and urged the Israelis and Hamas to come to a deal to release remaining hostages for an extended cease-fire. He said Israeli officials have offered a three-phase deal to Hamas, adding, "Israel has made their proposal. Hamas says it wants a cease-fire. This deal is an opportunity to prove



Smoke rises following an Israeli airstrike in Rafah, Gaza Strip, Thursday, May 30, 2024.

Associated Press

whether they really mean it." Cease-fire talks ground to a halt at the beginning of the month after a major push by the U.S. and other mediators to secure a deal, in hopes of averting a full Israeli invasion of Rafah.

Friday's statement by the Israeli military suggested its

forces have been operating in most parts of the city. For its first weeks, the Israeli assault focused on Rafah's eastern districts and in areas close to the border with Egypt. Israeli troops seized the Rafah crossing into Egypt on the first day of the offensive and have

since claimed control over the Philadelphi Corridor, a road running the length of the Gaza-Egypt border on the Gazan side.

Earlier this week, Israeli troops also moved into Rafah's western district of Tel al-Sultan, where heavy clashes with Hamas fighters

have been reported by witnesses.

In its statement Friday, the military said its troops in central Rafah had uncovered Hamas rocket launchers and tunnels and dismantled a weapons storage facility of the group. It did not specify where in central Rafah the operations were taking place, but previous statements and witness reports have pointed to raids in the Shaboura refugee camp and other sites near the city center.

The White House declined to comment Friday on the Israeli operations in central Rafah.

Israel has said an offensive in Rafah is vital to uprooting Hamas fighters in its military's campaign to destroy the group after its Oct. 7 attack on southern Israel. The military has said it found dozens of tunnels in eastern Rafah, including at least 20 along the Philadelphi Corridor. Up to around 300,000 people are believed to remain in the Rafah area, with an unknown number still in the city itself. □

North Korea says leader Kim Jong Un supervised drills simulating preemptive attacks on South Korea

By HYUNG-JIN KIM

Associated Press

SEOUL, South Korea (AP) — North Korean leader Kim Jong Un supervised drills involving the firing of nuclear-capable multiple rocket launchers to show the country's ability to carry out a preemptive attack on rival South Korea, state

media reported Friday. North Korea has simulated nuclear strikes on South Korea numerous times, but the latest drills came after animosities on the Korean Peninsula rose over North Korea's recent failed spy satellite launch.

The North's official Korean Central News Agency re-

ported that the rocket firing drills were meant to demonstrate North Korea's resolve not to hesitate in launch-

ing a preemptive strike on South Korea if threatened. It cited Kim as saying that the drills "will serve as an

occasion in clearly showing what consequences our rivals will face if they provoke us." □



This undated photo provided on Friday, May 31, 2024 by the North Korean government, shows what it says firing drills at an undisclosed place in North Korea.

Associated Press

ONE LOVE FOUNDATION INC
HOSTS
PAWS-ITIVELY HILARIOUS

With Ray Ellin (Aruba Ray)
featuring
Tom Cotter, Tony V, Katie Hannigan,
Brian Scott McFadden & Mike Vecchione

NEW YORK COMEDY CLUB

JUNE 2, 2024
DOORS OPEN 4:30
SHOW STARTS 5PM SHARP
ENDS BY 7PM

85 EAST 4TH STREET
NEW YORK CITY

\$75 PP
2 DRINK MINIMUM
SILENT AUCTION

100% of proceeds will go toward spay & neuter AND will be matched

U.S. plans to impose new visa restrictions on Chinese and Hong Kong officials

By KANIS LEUNG
Associated Press

HONG KONG (AP) — The United States on Friday expressed its deep concerns about the convictions of 14 pro-democracy activists in Hong Kong under a Beijing-imposed national security law, saying it's taking steps to impose new visa restrictions on mainland Chinese and Hong Kong officials responsible for the implementation of the sweeping legislation.

U.S. State Department spokesperson Matthew Miller called for the release of the detained activists a day after the United Kingdom made a similar appeal following the landmark verdicts on Thursday.

"The defendants were subjected to a politically motivated prosecution and jailed simply for peacefully participating in political activities protected under the Basic Law of Hong Kong," Miller said in a statement. The Basic Law is the city's mini-constitution.

He didn't provide more details about the looming visa restrictions and who they would target.

The democracy advocates were among 47 activists who were charged in the



Police officers stand guard as a Correctional Services Department vehicle leaves the West Kowloon Magistrates' Courts in Hong Kong, Thursday, May 30, 2024.

city's biggest national security case to date. Prosecutors had accused them of attempting to paralyze Hong Kong's government and topple the city's leader by securing the legislative majority necessary to indiscriminately veto budgets.

In convicting them, three judges approved by the government to oversee their case said their plan to effect change through an

unofficial primary election would have undermined the government's authority and created a constitutional crisis.

But they acquitted two others who also pleaded not guilty, because they were not sure if the pair had the intention to subvert the state's power.

The 14 activists, along with the remaining 31 others who pleaded guilty earlier, would be sentenced at a

later date.

The mass prosecution of the 47 activists dealt a heavy blow to the city's pro-democracy movement following huge anti-government protests in 2019. Critics said that it illustrated that Beijing's promise to retain Hong Kong's Western-style civil liberties for 50 years when the former British colony returned to Chinese rule in 1997 was becoming increasingly

threadbare.

Miller urged the Chinese and Hong Kong authorities to uphold Hong Kong's judicial independence and cease the use of vague national security laws to curb peaceful dissent.

After Beijing imposed a national security law in 2020, the U.S. has already imposed sanctions against some Hong Kong and mainland Chinese officials for undermining Hong Kong's autonomy, including then security minister and current city leader John Lee.

U.N. High Commissioner for Human Rights Volker Türk on Friday also voiced his concern over the city's application of the law. Türk said that his office and other U.N. human rights experts have repeatedly raised concerns that the legislation doesn't comply with China's obligations under international human rights law.

"As the U.N. Human Rights Committee has stated, this legislation should be repealed and, in the meantime, not applied," he said. But both Beijing and Hong Kong governments insisted that the law helped bring back stability to the city. □

Associated Press

El Salvador says it foiled a plot to plant bombs on the day of President Bukele's inauguration

SAN SALVADOR, El Salvador (AP) — El Salvador said authorities have broken up a plot to plant bombs around the country to coincide with President Nayib Bukele's inauguration on Saturday.

The country's National Police said the plot involved "veterans" of the country's 1980-1992 civil war, an apparent reference to former leftist guerrillas.

Police posted photos of small cylinders of explosives with fuses and sacks of ammonium nitrate on the force's social media accounts. It said the explosives had been seized in raids, and that the plot

supposedly was going to target gasoline stations, supermarkets and government buildings. It said some



El Salvador's President Nayib Bukele delivers his inaugural address after being sworn-in at Plaza Barrios in San Salvador, El Salvador, June 1, 2019.

Associated Press

of the explosives were found in a raid on a former rebel stronghold, Guazapa, on the outskirts of San Salvador, the capital.

Police blamed a shadowy force it called the "Salvadoran Insurrection Brigade" for the plot, and former congressman José Santos Melara of the leftist FMLN party formed by former guerrillas had been detained and was "the one who financed these plans." Melara is the leader of the national association of FMLN Veterans of the war. At least seven other suspects were also detained. The Block of Popular Resistance and Rebellion known

as the BPR for its initials in Spanish issued a statement saying Melara's arrest "is arbitrary and is an act of political persecution."

The group demanded his release, and said "we do not recognize the unconstitutional and illegitimate president who will take office on June 1." It said it would "start a new stage of struggle in the face of Bukele's imposition as president."

In February, the highly popular Bukele easily won a second term in his country's presidential elections, despite the country's constitution prohibiting reelection. □

Lessons from our elders: Plants and fruits for medicinal use (part 2)



(Oranjestad)—In last week's edition, we shared with our readers some medicinal use for plants and fruits, passed down from our elders through generations. This week, we present two more uses of fruits and plants for medicinal use.

Sweet potato

According to our elders, sweet potato is mostly useful for low blood pressure. People who suffer from low blood pressure were advised to eat sweet potato 2 to 3 times a week. However, if you have high blood pressure, it is best not to eat

too much sweet potato, as this raises blood pressure. Sweet potatoes are also great for people who work hard labor jobs, and it's been said to be aid blood circulation in the body, as well as help those with hemorrhoids or diarrhea.

Many of our elders opted to plant sweet potatoes themselves, mostly because of how easy it was to do so. Cut the end of a sweet potato let it sit in shallow water until it starts to sprout. Then you may plant it in the ground. Sweet potatoes need plenty of water to grow, especially



in the first week in the ground. It was said that once you start to notice the ground crack underneath the flowers, it is time to harvest. This should happen around month 3.

Pomegranate

Pomegranates are also one of the easier fruits to plant and harvest. Originated from Persia, this plant can grow almost everywhere. In Aruba, there are many homes that have a tiny or big pomegranate tree. You may be wondering what the difference is between a small and big pomegranate tree, for which the answer is based on harvest time. Tiny trees produce tinier pomegranates that can be harvested early on. Contrarily, big trees produce bigger pomegranates, but they need enough time to fully ripen before harvesting, otherwise you might end up with

bitter seeds. Pomegranate trees are also very easy to plant. In essence, if you just throw the seeds on the ground, they could grow into a tree.

In terms of medicinal use, pomegranate skins are said to have a few benefits for our health. According to customs, pomegranate skin tea can help those that suffer from diarrhea. Dried pomegranate skin tea is also good for people who have worms. Pomegranate flowers can be boiled to make a drink and this can be used for irritated gums; just take a swig and let the tea sit in your mouth for a couple minutes. □

Source: Remedi i Kustumber di nos Bieunan (Medicine and Customs of our Elderly) by Dinah Veeris

The Bushiribana Gold Mill Ruins and its history

(Oranjestad)—The Bushiribana Gold Mill Ruins is one of the most visited places by tourists on the island, as it lies along the northern coast line near the mini pool and on the way to the Natural Bridge. Despite its seemingly plain appearance, this ruin represents one of the most important histories of the island: The Aruban Gold Rush.

Built in 1872 by English company Aruba Island Gold Mining Company Ltd, the gold mill at Bushiribana was constructed in the area where most gold was found by locals. The story of gold on Aruba actually dates back to 1725, when a first exploration for gold on the island was commissioned by the Dutch West India Company. Under the leadership of Mr. Paulus Printz, a three-year search was conducted on Aruba, to no avail. Though they

found some gold, it was enough to motivate a further search, and the assignment was discontinued by Printz himself.

It wasn't until 100 years later, in 1824, when a young boy found a lump of gold while out herding his father's sheep. His father took it to a local merchant who then sold the lump for \$70. Unbeknownst to the boy and his father, they quite literally struck gold, and as word got out, a gold fever spread among the locals who started searching for more gold. About 25 pounds worth was found.

At the same time, the Aruban government took immediate actions, and informed Curacao that gold was found. At first, everyone could look for gold, as long as they sold it to the government. However, after some time, the



government decided to implement stricter rules and banned local search parties.

Over the years, concession-holding had seen different companies from around the world, all of which used primitive methods to dig and carve out gold from the rocks. Aruba

Island Gold Mining Company Ltd. was no different, but used a unique method that involved grinding the rocks and letting the dust be blown away by the strong northeast wind, leaving clumps of gold behind. The next step was melting the gold and letting it attach to quicksilver in order to obtain pure gold. All these

processes were done at the Bushiribana Gold Mill.

The gold mill itself had a short life-span: only 10 years in service, but its structure remained relatively solid till this day, and is now a historical remnant.

Sources: Etnia Nativa & gold-mineranch.com.

Weekly Free Slot or Table Play for all qualified Club members.

SUPER BINGO SATURDAY! SUNDAY FUNDAY BINGO

Super 4-Card BINGO starting at 1pm!
\$7 for 4-Card BINGO | 8 Games to Play
\$1,500 in Cash Prizes
SPECIAL PROGRESSIVE GAME
Jackpot within 50 Calls | 51 Calls or more \$111
Additional \$500 Cash Prize in our Monthly Early Bird Drawing when you purchase your card before noon!

THE SHOPS AT ALHAMBRA CASINO

Aruba Tours & Adventures | Auntie Anne's Pretzels | Aruba Aloe
Behind The Mask | Juan Valdez Café | Baskin-Robbins
The Brownstone Ribs and Seafood | The Market | M8 Boutique
Fusion - Piano Wine & Cigar Bar | Shalom Body & Soul Spa
Hungry Piranha - Pizza, Wings & More | Twist of Flavors
The Lazy Lizard | Dunkin Donuts | Shalom Hair & Nails Bar
Magnet Perfume Jewelry & Cosmetics

Alhambra
CASINO AND SHOPS

Open daily 10am to 3am | J.E. Irawsquin Blvd #47 | 583.5000 | casinoalhambra.com

Play Responsibly. Visit www.gamblersanonymous.org if you or someone you know has a gambling problem.



The Lionfish And its threat to our marine wild life

(Oranjestad)—Despite its colorful and striking appearance, the lionfish has become a Caribbean-wide problem for Atlantic sea life. The Aruban marine wild life is also affected by this beautiful dilemma, as it is foreign to our waters and has become a danger to our local fish and reefs.

Originating from the Indo-Pacific Ocean, the lionfish is a relatively small fish. It has no teeth, but it does protect itself against predators using its sharp, colorful spikes. It is said that the sting of a lionfish can be up to 100 times more painful than that of a bee's sting.

Its natural predators in the Indo-Pacific are sharks and barracudas, but in the Caribbean Sea, local fish do not

recognize the lionfish as part of their diet. In other words, the lionfish has no predators in the Caribbean Sea. And this becomes a major problem for our local marine life; if there are no predators to stimulate population control of lionfish, these fish can continue to reproduce and expand to other parts of the Atlantic, become more invasive and dangerous for other types of fish.

For Aruba, the lionfish is a problem especially for our local coral reefs. According to Patrick van Brakel, lionfish expert and hunter from the Hunting Lionfish Aruba foundation, every reef has a "cleaning station"—tiny fish that eat algae and other types of waste on a reef, thus maintaining the reef's health and providing food to the fish

population in the area. However, as the lionfish feeds off of these tiny fish, it becomes harder for the coral reef to maintain its health.

Patrick also shares the origins of lionfish in the Caribbean Sea. It is theorized that the introduction of these fish in the Atlantic happened in Florida, where people would buy lionfish from across the world to keep in their aquariums. However, lionfish grow, and as these buyers realized that the fish were too much upkeep, they were let out into the ocean to roam free. From continental USA, the lionfish travelled to and invaded the entire Caribbean area, from Aruba, Bonaire and Curacao up to New York. In Aruba, lionfish were discovered in 2009.



Controlling the lionfish population is challenge, as each female fish can lay up to 40,000 eggs a day. Luckily, we have people like van Brakel who dedicate their lives hunting and capturing these invasive species, using them for consumption and jewelry making.

They are caught with a hand spear, an object resembling a garbage picker

with 4 sharp prongs. These spears are used like a sling shot to catch lionfish from a distance. These fish are then put into a collecting tube and taken out of the water. Van Brakel not only catches them himself, but also cooks them for locals and tourists at The LionFish Snack Aruba in Paradera. This way, he does his part in protecting the local wild life. □

Aruba Tourism Authority honored loyal visitors at Aruba Marriott Resort & Stellaris Casino!



The Aruba Tourism Authority recently had the great pleasure of recognizing Distinguished Visitors of Aruba. The honorees were respectively honored with a certificate for their years of visits, loyalty, and love for the island of Aruba.

The honorary certification is presented on behalf of the Minister of Tourism as a token of appreciation and to say "Masha Danki" to guests who have visited Aruba 10, 20, or 35 years or more consecutively.

The three levels of honor are as follows:

Distinguished Visitor (10>years con-

secutively visiting Aruba)
Goodwill Ambassador (20>years consecutively visiting Aruba)
Emerald Ambassador (35>years consecutively visiting Aruba)

The honorees were:

Distinguished Visitors
Mr. Richard & Mrs. Kathy Righi from Port Jefferson New York, United States.

Mr. Jorgino Willems representing the Aruba Tourism Authority, and staff members of Aruba Marriott Resort & Stellaris Casino bestowed the certificate upon the honorees, presented them with gifts, and thanked them

for choosing Aruba as their favorite vacation destination, as their home away from home.

The top reasons for returning to Aruba provided by the honorees were:

- Aruba's people.
- Aruba's beach.
- Aruba's weather.
- Aruba's restaurants.
- "The welcome you get when we reach Marriott Stellaris"

On behalf of the Aruba Tourism Authority, we would like to express our sincere gratitude and appreciation to the honorees for their continued visits to the "One Happy Island". □

Weekly Free Slot or Table Play for all qualified Club members.

Free Shirt Sunday!

Get a **FREE** Alhambra T-Shirt when you earn **250 Slot Points** on Sunday with your **Players' Club card!**

THE SHOPS AT ALHAMBRA CASINO

Aruba Tours & Adventures | Auntie Anne's Pretzels | Aruba Aloe Behind The Mask | Juan Valdez Café | Baskin-Robbins The Brownstone Ribs and Seafood | The Market | M8 Boutique Fusion - Piano Wine & Cigar Bar | Shalom Body & Soul Spa Hungry Piranha - Pizza, Wings & More | Twist of Flavors The Lazy Lizard | Dunkin Donuts | Shalom Hair & Nails Bar Magnet Perfume Jewelry & Cosmetics

Alhambra
CASINO AND SHOPS

Open daily 10am to 3am | J.E. Irausquin Blvd #47 | 583.5000 | casinoalhambra.com

Play Responsibly. Visit www.gamblersanonymous.org if you or someone you know has a gambling problem.



A guide for the perfect picture

Where to find the most Instagrammable places in Oranjestad

(Oranjestad)—Imagine, you're taking a stroll in the city center, and you want to take the most picture-perfect photo to show your friends and family back home and online. It seems like the perfect spot can be hard to find, but Oranjestad is full of great spots for a quick snapshot! Here are the most Instagrammable places in Oranjestad.

"I LOVE ARUBA"

Right on Paardenbaai Plaza,



near the harbor entrance, you will spot a giant sign that reads "I LOVE ARUBA". A great first stop for a quick shot with the family, this spot is among the few that has become a favorite among tourists, especially those that are visiting Aruba through a cruise vacation.

Speaking of giant signs that read "Aruba" (because there can never be too many), there is another sign you can find along the Linear Park, in front of Talk of the Town Hotel. It may be a long

walk from the harbor to get there, but while you're at it, check out these other spots along the way!

The sitting bull

Yes, you read that right; right in the heart of the city center, in front of the Crystal Casino in the Renaissance Mall, there is a black bull sitting on a bench, waiting for you to take a picture with it. Ok, so it's not a real bull, but "I took a picture with a sitting bull" sounds like a great conversation opener.

See if you can also spot the cow on the roof!

already?

Wooden Swing on Plaza Daniel Leo

While you're in front of the Renaissance Mall, check out the wooden swing on the other side of the mall on Plaza Daniel Leo. Another favorite among visitors wanting a cute snapshot for Instagram. Just pass through the Renaissance Mall and find this gem in front of the back entrance!

Since you've made it this far, one question: How many blue horses have you spotted

Renaissance Dock

Last but certainly not least, the Renaissance Dock is the perfect spot to take a beautiful picture, especially at sunset. The dock is located behind the Renaissance Market Place, and runs from the Renaissance Marina up to Renaissance Beach and Wilhelmina Park. This spot offers a gorgeous view of the ocean and sunset, accompanied by the soft waves crashing on the shoreline. You may even spot some iguanas! □



Aruba Tourism Authority honored loyal visitors at Tamarijn Aruba All Inclusive Resort!

The Aruba Tourism Authority recently had the great pleasure of recognizing Distinguished Visitors

of Aruba. The honorees were respectively honored with a certificate for their years of visits, loyalty, and love for the island of Aruba.

Goodwill Ambassador (20>years consecutively visiting Aruba)
Emerald Ambassador (35>years consecutively visiting Aruba)

nation, as their home away from home.

The top reasons for returning to Aruba provided by the honorees were:

- Aruba's people.
- Aruba's beach.
- Aruba's weather.
- Aruba's safety.
- "It's super easy to travel to Aruba"

On behalf of the Aruba Tourism Authority, we would like to express our sincere gratitude and appreciation to the honorees for their continued visits to the "One Happy Island". □



The honorary certification is presented on behalf of the Minister of Tourism as a token of appreciation and to say "Masha Danki" to guests who have visited Aruba 10, 20, or 35 years or more consecutively.

The three levels of honor are as follows:

Distinguished Visitor (10>years consecutively visiting Aruba)

The honorees were:
Distinguished Visitors
Mr. David & Mrs. Maria Torres from Newark New Jersey, United States.

Mr. Jorgino Willems representing the Aruba Tourism Authority, and staff members of Tamarijn Aruba All Inclusive Resort bestowed the certificate upon the honorees, presented them with gifts, and thanked them for choosing Aruba as their favorite vacation desti-

Visit the natural bridges of Aruba!



(Oranjestad)—After you've visited the Alto Vista Church, the Bushiribana Gold Mill Ruins and the mini natural pool that is located right next to it, you're next up around the northern coast line must be the Natural Bridge. Once the largest natural bridge in the Caribbean, this bridge has been a tourist attraction for many years.

The bridge was formed during thousands of years, cut and crafted by the wild waves that crash into the coral stone walls of the coast. Before its collapse, this bridge measured 30 meters in length and 7 meters in height, making it the biggest natural bridge in the Caribbean at the time. For many years,

this site was also a frequently visited beach, as the bridge had a small opening through which the water would flow into the tiny beach.

Unfortunately in 2005, the bridge collapsed, and the little beach dried up. Despite this, this site remained a tourist attraction, with many visitors walking along the coral cliffs of the bridge to see the spectacular view of the northern coastline and the Caribbean Sea. Visitors can also still visit the souvenir shop on the left of the bridge entrance.

While the natural bridge no longer is functional, there is now a smaller natural bridge very close. This bridge is often called the "Baby Bridge" or "Daughter Bridge".



Episode CXXXI- 131 - Aruba's reforestation

NOORD — In this episode we will focus on the need to reforest the island combating rising temperatures of our planet. We must work form out local communities and increase the pressure on our leaders. However reforestation is not a matter of repopulating without ecological criteria but of opting for island of endemic biodiversity as an ecological strategy.

In the 1990s, after decades of observation and years of study, Akira Miyawaki demonstrated that the recovery of the potential natural

vegetation of a degraded land was achieved more quickly by planting indigenous species, as opposed to what was previously believed to be with the massive repopulation of non-native trees fast growing. The Miyawaki method is an ecological restoration method that, based on the Potential Natural Vegetation of a space, aims to recreate a landscape taking as a reference the vegetation that supposedly would have existed there if there had been no human incursion.

The advantages of this

method are abundant and are not only linked to the growth speed of the chosen native species but also from a recreational and social point of view, incorporating native plants allows them to be valued, made known and with their rapid growth it achieves that people love them by protecting and caring for them.

The success of implementing the Miyawaki method consists primarily in adapting it to the place according to the environmental conditions and in parallel knowing exactly the local vegetation, its variants and the way in which it is expressed. Fundamental stages to achieve amazing results. In this way, the idea is to plant native plants in available land and follow their growth with minimal intervention.

In a first step, the soil must be identified, looking for its deficiencies and nutrients that it has, defining the species that adapt to the climate and the place. Search the region for the



biomass necessary to fill the deficiencies of the land, if they exist, and do not use pesticides or added products. Follow the growth rate of the plants during the first two years through irrigation and weeding and plant them at a very high density. We must be aware that planting more trees does not create forests because the forest is a living structure that requires its border and its layers, which are what, guarantees the ecosystem services that we expect. The Miyawaki method is based on taking advantage of the "potential natural vegetation" principle.

Where any land that is fertile and without any human intervention would develop a lush and sustainable forest in a maximum of 1000 years.

If human support and sustainable collaboration exists in this same area, the development time of the forest would be shortened to 100 years.

To get to know a little more regarding Aruba's and its cultural origins, etc. We highly recommend you to book your participation in our cultural encounter session. A mind opening revelation and entertaining island experience. What-sapp + 297 5922702 or mail etnianativa03@gmail.com our facilities and activities take place close to high rise hotels.



Article by: Etnia Nativa

Whatsapp us +297 592 2702 and book your Aruban experience

Etnia Nativa is close to the high rise hotels



Dining in? Try making a local favorite How to make “funchi hasa”

(Oranjestad)—A night in can be just as fun as a night out on the town, especially if you got the right snacks to munch on. One of the most famous Aruban snacks or appetizers is “funchi hasa” (fried polenta sticks). A super easy meal that adults and children will both enjoy. Here’s how to make it!

Before we start, get to know the basics

So what is funchi hasa? Funchi, or Aruban polenta, is a popular side dish for local dishes, like soups, stews and fried fish. Made from a corn flour, water and butter mixture, this appetizer is traditionally eaten alongside a warm meal. However, locals also like to fry sticks of funchi for a quick and filling snack.



Ingredients (measured by heart)

1. Polenta flour*
2. Water
3. Butter
4. Salt to taste

Directions

Bring water to a boil in a medium-sized sauce pan. Add in some salt and butter to taste in the boiling water and let this dissolve and melt. Then, gradually add the flour while stirring with a wooden spoon. The mixture will start to begin to harden pretty fast, so be careful not to add too much. At this phase of cooking, you want a goopy thick mixture, but thin enough so you can continue to stir to get all the lumps out.

After reaching a semi-firm, yet flexible texture, grab a baking pan or any large, deep plate, and pour the mixture in. Be sure that this plate is wet or greased so that the mixture does not

stick to the bottom. Let this cool completely while it firms up for the last time. Once it's cooled you can enjoy it as is, topped with some butter or shredded cheese. Or, you can take it to another level of deliciousness.

When your funchi is firm enough, cut it into strips (size is up to you). Heat up some oil in a pan and fry those babies up! After frying, you can top it with some cheese or enjoy it with your favorite dipping sauce.

Note: We recommend the FUNCHI FRESKU polenta flour brand that is sold in all supermarkets on the island. You can also use yellow corn flour from the brand PAN.

Photo credit of fried funchi sticks: Jacqueline Felida on Pinterest. □



Aruba's Bocas: home to the rarest fossil reefs on the planet!

(Oranjestad)—If you've been to the northern coast of Aruba already, you've probably noticed how the ground differs entirely from the sandy beaches on the southern part of the island. These hard surfaces, with sharp bumps and holes are actually fossilized coral reefs, of which its growth and changes can be traced back to the last glacial period.

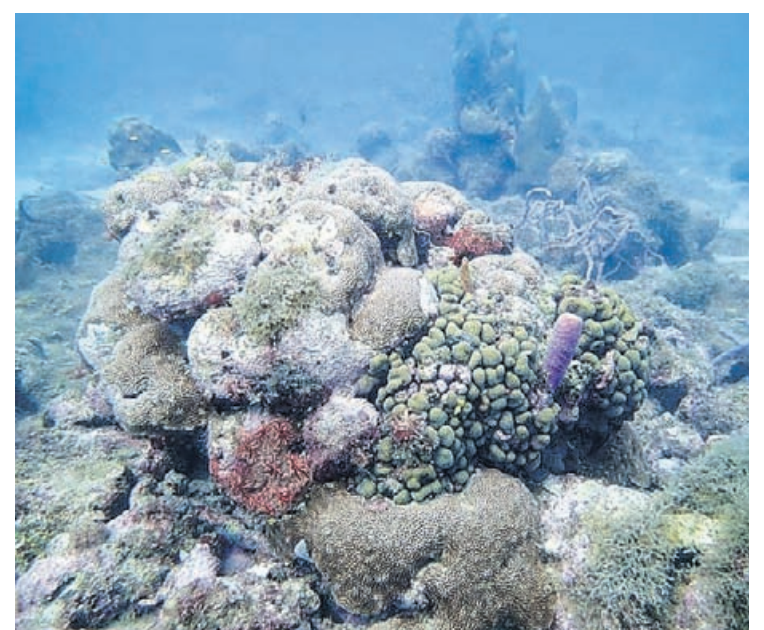
On May 30 2023, geoscientists, Dr. Patrick Boyden

from the Marum research faculty at the University of Bremen, Prof. dr. Alessio Rovere from the Ca' Foscari University of Venice and Prof. dr. Gianfranco Scicchitano, from the University of Bari Aldo Moro, presented their research on these fossilized coral reefs at the University of Aruba. Their focus for their research included studying the health and formation patterns of these coral reefs, and to investigate how these reefs have responded and can

respond to fluctuating sea levels or extreme weather, like hurricanes and tsunamis.

Through underwater and land surveillance, and 3D models of the reefs, they were able to narrow down when these formations started to take place. They were also able to track the fluctuation of sea levels during the past hundred or even thousands of years, and the effects that this fluctuation has had on the coral reefs of the windward side of Aruba.

These findings can certainly put things into perspective. The ground on which we have walked many times in the northern part of the island hold such rich history, history that dates back to a time that most of us cannot even imagine. As the scientists themselves have pointed out, these fossilized



reefs on the windward side are truly an incredible and rare remnant of geological history, as they provide a clear view of how these reefs have formed.

This research is also important for the future of coral reefs on the island. By studying rising sea levels and climate impact on

these coral reefs, we are able to take concrete action in protecting and preserving our coral reefs. So, if you are ever visiting one of the bocas or driving along the northern part of the island, please be conscious to help protect our natural historical remnant. Oh, and wear (coral-friendly) sunscreen! □



CROSSWORD
By THOMAS JOSEPH

- ACROSS**
- 39 Follow
 - 1 Petty argument
 - 5 Deal maker
 - 10 Tiny arachnids
 - 12 Egyptian city
 - 13 Make amends
 - 14 Hard-hearted
 - 15 Moral no-no
 - 16 Brouhaha
 - 18 Scot's cap
 - 19 Jeer from the stands
 - 21 Frost
 - 22 Probe's destination
 - 24 White-horse setting
 - 25 Doesn't fall behind
 - 29 Feral
 - 30 Matador's foe
 - 32 Band blaster
 - 33 Pilot's guess: Abbr.
 - 34 Hold up
 - 35 Like hair mousse
 - 37 — Island
- DOWN**
- 1 Big hit
 - 2 Felt sorry for
 - 3 Immediately
 - 4 Toe count
 - 5 In addition
 - 6 Instinctual
 - 7 Strangely different
 - 8 Generic
 - 9 "Go ahead, ask"
 - 11 Arctic newborn
 - 17 Hep-burn/Tracy film
 - 20 Typed in
 - 21 Charged
 - 23 Cotton-wood trees
 - 25 Geisha garb
 - 26 Rio Grande city
 - 27 Solar halo
 - 28 Wore away
 - 29 Thin cookie
 - 31 Past plump
 - 33 Peepers
 - 36 Silent
 - 38 That fellow

C	A	N	I	S		M	O	N	T	H
A	P	A	R	T		O	M	A	H	A
L	O	V	E	R		R	A	V	E	S
A	L	A		A	R	M	R	E	S	T
I	L	L		P	R	O		L	I	E
S	O	B	S		S	N	A	P	S	
		L	A	B		S	R	I		
	M	O	G	U	L		T	E	L	L
S	E	C		S	O	S		R	O	E
T	A	K	E	S	U	P		C	U	D
A	D	A	P	T		I	C	I	N	G
R	O	D	E	O		T	I	N	G	E
S	W	E	E	P		E	A	G	E	R

Yesterday's answer

1	2	3	4		5	6	7	8	9
10				11		12			
13						14			
15				16	17			18	
19			20				21		
	22					23			
			24						
	25	26					27	28	
29					30				31
32				33				34	
35			36			37	38		
39						40			
41							42		

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

6-1 CRYPTOQUOTE

SGNM EAJ UCN KAAFHMV UX
EAJC WAXGNC, EAJ UCN
KAAFHMV UX XGN TJCNDX
KALN EAJ SHKK NLNC FMAS.

— B GUCKNE ONMNXXA
Yesterday's Cryptoquote: WITH EVERY DROP OF WATER YOU DRINK, EVERY BREATH YOU TAKE, YOU'RE CONNECTED TO THE SEA. — SYLVIA EARLE

Cruise ship Schedule: June 01 - June 25 2024

			ARR	DEPT	BERTH		
SAT	01	NORWEGIAN JADE	10.00	20.00	C	1	
THU	06	CELEBRITY BEYOND	08.00	21.00	C	1	
TUE	11	SILVER SHADOW	08.00	23.00	B	1	
		ADVENTURE OF THE SEAS	08.00	20.00	C	1	
		CARNIVAL MARDI GRAS	13.00	23.00	I	1	
WED	12	CARNIVAL HORIZON	07.00	15.00	B	1	
		RHAPSODY OF THE SEAS	09.00	21.00	C	1	
TUE	18	CELEBRITY BEYOND	08.00	21.00	B	1	
		CARNIVAL CELEBRATION	08.00	22.00	C	1	
		CARNIVAL VISTA	13.00	23.00	I	1	
TUE	25	CARNIVAL HORIZON	09.00	22.00	C	1	

Helpful tips for your stay on Aruba

(Oranjestad)—When traveling to another country, especially for the first time, it is always better to be over-prepared than under-prepared. That is why we have a list of basic—but important—information that we think may come in handy to Aruba's visitors.

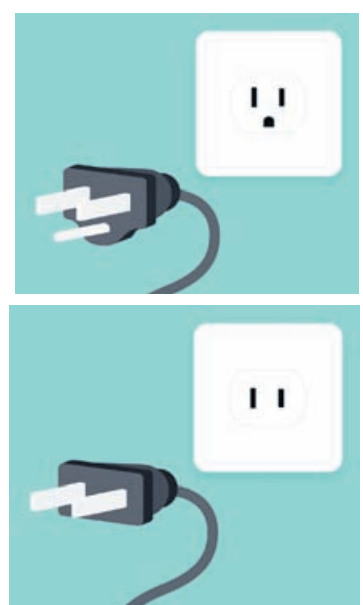
lets used on the island: type A with two flat prongs; type B with two flat and one grounding prong, and on occasion, type F with two round prong and two earth clips on the side. However, Type A is most commonly found in homes and establishments.

Supermarket hours



Supermarket hours may vary depending on where you are staying on the island. Generally though, most supermarkets are open from 8am to 9 or 10pm, Monday through Saturday. On Sundays, supermarkets generally close earlier; mostly around 2pm.

Electrical power



Aruba generally operates on 110V to 127V supply voltage and 60Hz. There are also three types of out-

Drinking water



The water that flows through the sinks of every house, hotels and other establishments is distilled and perfectly safe to drink. Aruba's drinking water exceeds WHO's international standards for water quality, so there is no need to buy bottled water from the store.

Safety



Since February 2024, Aruba has been categorized as the safest country in the Caribbean by The Telegraph, and many tourist that visit have often told us how they feel safe to explore the island or walk around at night. However, rare incidents do occurs, so keep yourself and your belongings safe.

Honey Dolls
MESSAGE AND ESCORT SERVICE

Beautiful Latin Girls
Pick-up & Delivery

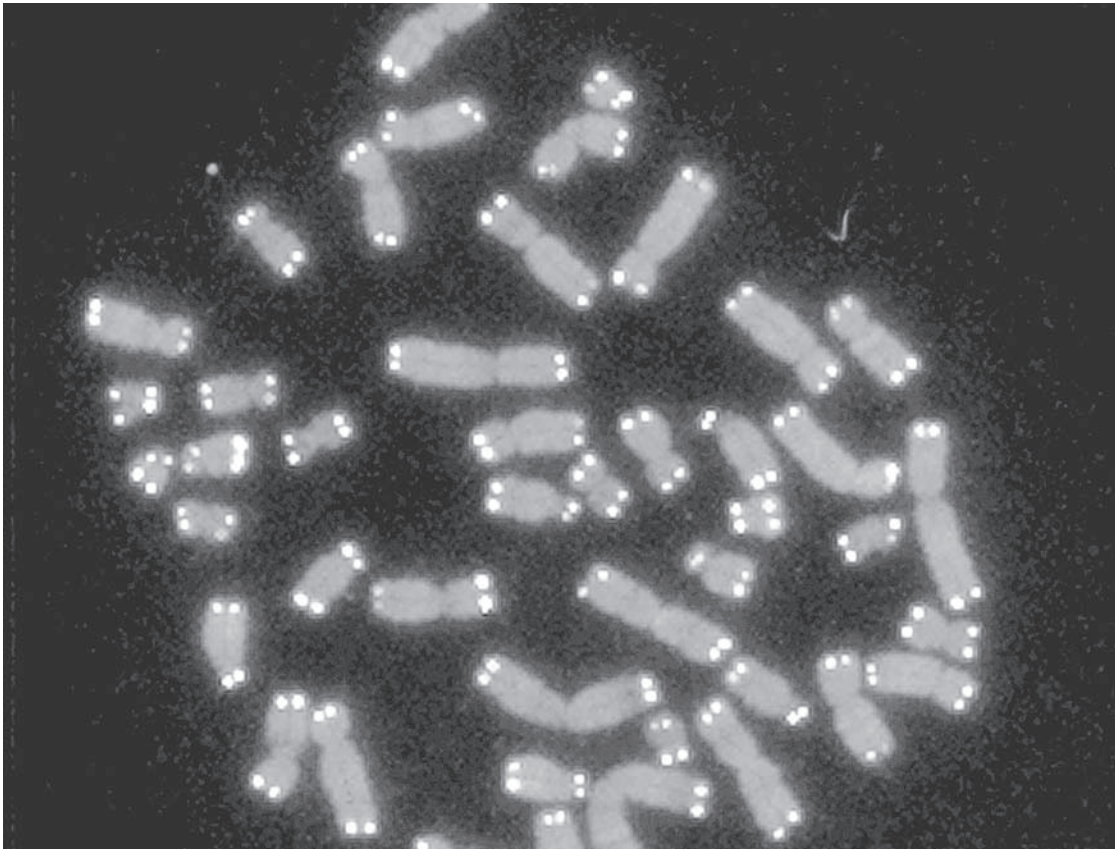
Serving Men - Couple - Women - All Genders

+297 565-9535

WWW.PLEASUREINARUBA.COM

24/7

Researchers find a single, surprising gene behind a disorder that causes intellectual disability



This microscope image shows the 46 human chromosomes, blue, with telomeres appearing as white pinpoints.

Associated Press

By **LAURA UNGAR**
AP Science Writer

Scientists have found the genetic root of a disorder that causes intellectual disability, which they estimate affects as many as one in 20,000 young people. And they hope their discovery leads to a new diagnosis that can provide answers to families.

Those with the condition have a constellation of issues, which also include short stature, small heads, seizures and low muscle mass, said the researchers, who published their findings in the journal *Nature Medicine* on Friday.

"We were struck by how common this disorder is" when compared with other rare diseases linked to a single gene, said Ernest Turro of the Icahn School of Medicine at Mount Sinai, senior author of the study. Syndromes like these can go unnoticed because the traits are sometimes so subtle doctors can't recognize them by just looking at patients, said Dr. Charles Billington, a pediatric geneticist at the University of Minnesota who was not involved in the study.

"So certainly this wasn't

something that we necessarily had a name for," he said. "We're learning more about these syndromes that we recognize only once we are seeing the cause."

Researchers said the mutations occurred in a small "non-coding" gene, meaning it doesn't provide instructions for making proteins. Until now, all but nine of the nearly 1,500 genes known to be linked to intellectual disability in general

are protein-coding genes. Most large genetic studies so far have used a sequencing technology that typically leaves out genes that don't code for proteins.

This study used more comprehensive "whole-genome" sequencing data from 77,539 people enrolled in the British 100,000 Genomes Project, including 5,529 with an intellectual disability. The rare mutations researchers found

in the gene, called RNU4-2, were strongly associated with the potential to develop intellectual disability. The finding "opens the door to diagnoses" for thousands of families, said study author Andrew Mumford, research director of the South West England NHS Genomic Medicine Service. More research is needed, Mumford said. How the mutation causes the disorder remains unclear and there is no treatment. But Billington said labs should be able to offer testing for this condition relatively quickly. □

ROCOCO PLAZA
MEGA FLEAMARKET
SUNDAY 2 JUNE
Ta Busca Meisje – Jongen pa
Juda nos whatsapp 7415640
Weekly fleamarkt
every Saturday
Whatsapp only 7415640
Antiqueshop open 9-1

ARUBA
TODAY

Editor
Caribbean Speed Printers N.V.
Aruba Bank N.V. Acc. #332668
Caribbean Mercantile Bank N.V.
Acc. #23951903
RBC Royal Bank Acc. #1330772

Editors

Pilar Flores
Richard Brooks
Angenette Figuereo

Sales

Mark Gomes
Sulaika Croes

Classifieds

classified@cspnv.com

Distribution and Collection

accounting@bondia.com

Social / Website

Juan Luis Pinto

Weststraat 22
T: 582-7800
E: news@arubatoday.com
W: www.arubatoday.com
@arubatoday



HEALTH

DOCTOR ON DUTY

Oranjestad

Hospital 7:00 pm / 10:00pm
Tel. 527 4000

San Nicolas

Imsan 24 hours
Tel. 524 8833

PHARMACY ON DUTY

Oranjestad:

Paradera : Tel. 588 6638

San Nicolas:

San Lucas: Tel. 584 5119

OTHER

Dental Clinic 587 9850

Blood Bank Aruba 587 0002

Urgent Care 586 0448

Walk-In Doctor's Clinic

+297 588 0539

EMERGENCY

Police	100
Oranjestad	527 3140
Noord	527 3200
Sta. Cruz	527 2900
San Nicolas	584 5000
Police Tipline	11141
Ambulancia	911
Fire Dept.	115
Red Cross	582 2219

TAXI SERVICES

Taxi Tas	587 5900
Prof. Taxi	588 0035
Taxi D.T.S.	587 2300
Taxi Serv. Aruba	583 3232
A1 Taxi Serv.	280 2828

TRAVEL INFO

Aruba Airport	524 2424
American Airlines	582 2700
Avianca	588 0059
Jet Blue	588 2244
Surinam	582 7896

AID FOUNDATIONS

FAVI- Visually Impaired
Tel. 582 5051

Alcoholics Anonymous
Tel. 736 2952

Narcotics Anonymous
Tel. 583 8989

Fundacion Contra Violencia
Relacional Tel. 583 5400

Centre for Diabetes
Tel. 524 8888

Child Abuse Prevention
Tel. 582 4433

Quota Club Tel. 525 2672

General Info

Phone Directory Tel. 118

Like us on
Facebook



facebook.com/arubatoday/

AP analysis finds 2023 set record for U.S. heat deaths, killing in areas that used to handle the heat

By SETH BORENSTEIN, MARY KATHERINE WILDEMAN and ANITA SNOW

Associated Press

David Hom suffered from diabetes and felt nauseated before he went out to hang his laundry in 108-degree weather, another day in Arizona's record-smashing, unrelenting July heat wave.

His family found the 73-year-old lying on the ground, his lower body burned. Hom died at the hospital, his core body temperature at 107 degrees.

The death certificates of more than 2,300 people who died in the United States last summer mention the effects of excessive heat, the highest number in 45 years of records, according to an Associated Press analysis of Centers for Disease Control and Prevention data. With May already breaking heat records, 2024 could be even deadlier.

And more than two dozen doctors, public health experts, and meteorologists told the AP that last year's figure was only a fraction of the real death toll. Coroner, hospital, ambulance and weather records show America's heat and health problem at an entirely new level.

"We can be confident saying that 2023 was the worst year we've had from since ... we've started having reliable reporting on that," said Dr. John Balbus, director of the Office of Climate Change and Health Equity at the Department of Health and Human Services. Last year, ambulances were dispatched tens of thousands of times after people dropped from the heat. It was relentless and didn't give people a break, especially at night. The heat of 2023 kept coming, and people kept dying.

"It's people that live the hot life. These are the ones who are dying. People who work outside, people that can't air-condition their house," said Texas A&M climate scientist Andrew Dessler, who was in hard-hit



A person crosses Caroline Street in the afternoon heat Saturday, May 25, 2024, near Discovery Green in Downtown Houston.

southern Texas. "It's really quite, quite grim."

Dallas postal worker Eugene Gates Jr., loved working outdoors and at 7:30 a.m. June 20, the 66-year-old texted his wife that it was close to 90 degrees. He kept working in the heat that felt like 119 degrees with the humidity factored in and finally passed out in somebody's yard. He ran a fever of 104.6 degrees and died, with the medical examiner saying heat contributed to his death.

"The way that my husband died, it could have been prevented," said Carla Gates.

"There's just very low awareness that heat kills. It's the silent killer," said University of Washington public health scientist Kristie Ebi, who helped write a United Nations special report on extreme weather. That 2012 report warned of future dangerous heat waves.

Ebi said in the last few years, the heat "seems like it's coming faster. It seems like it's more severe than we expected."

DEATHS DOWN SOUTH

Last summer's heat wave killed differently than past ones that triggered mass deaths in northern cities where people weren't used to the high tempera-

tures and air conditioning wasn't common. Several hundreds died in the Pacific Northwest in 2021, in Philadelphia in 1998 and in Chicago in 1995.

Nearly three-quarters of the heat deaths last summer were in five southern states that were supposed to be used to the heat and planned for it. Except this time they couldn't handle it, and it killed 874 people in Arizona, 450 in Texas, 226 in Nevada, 84 in Florida and 83 in Louisiana.

Those five states accounted for 61% of the nation's heat deaths in the last five years, skyrocketing past their 18% share of U.S. deaths from 1979 to 1999.

At least 645 people were killed by the heat in Maricopa County, Arizona, alone, according to the medical examiner's office. People were dying in their cars and especially on the streets, where homelessness, drug abuse and mental illness made matters worse.

Three months after being evicted from her home, 64-year-old Diana Smith was found dead in the back of her car. Her cause of death was methamphetamine and fentanyl, worsened by heat exposure, Phoenix's medical examiner ruled.

"In the last five years, we

are seeing this consistent and record kind of unprecedented upward trend. And I think it's because the levels of heat that we have seen in the last several years have exceeded what we had seen in the last 20 or 30," said Balbus, of the Office of Climate Change and Health Equity at the Department of Health and Human Services.

UNRELENTING HEAT

Phoenix saw 20 consecutive days of extreme heat stress in July, the longest run of such dangerously hot days in the city since at least 1940, according to the data from the Copernicus Climate Change Service.

Phoenix wasn't alone.

Last year the U.S. had the most heat waves since 1936. In the South and Southwest, Last year was the worst on record, according to the National Oceanic and Atmospheric Administration.

"It was crazy," said University of Miami tropical meteorology researcher Brian McNoldy, who spent the summer documenting how Miami broke its daily heat index record 40% of the days between mid-June and mid-October.

Houston's Hobby airport broke daily high temperature marks 43 times, me-

eteorologists said. Nighttime lows set records for heat 57 times, they said. That didn't give people's bodies chances to recover.

Across five southern states, the average rate of emergency department visits for heat illness in the summer of 2023 was over double that of the previous five summers, according to an analysis of data from the CDC.

THE DEATHS

Experts warned that counting heat mortality based on death certificates leads to underestimates. Heat illness can be missed, or might not be mentioned.

They pointed to "excess death" studies for a more realistic count. These are the type of long-accepted epidemiological studies that look at grand totals of deaths during unusual conditions such as hot days, high air pollution or a spreading COVID-19 pandemic and compare them to normal times, creating an expected trend line.

Texas A&M's Dessler and his colleague Jangho Lee published one such study early last year. According to their methods, Lee said, about 11,000 heat deaths likely occurred in 2023 in the U.S. a figure that would represent a record since at least 1987 and is about five times the number reported on death certificates.

Deaths are also up because of better reporting, and because Americans are getting older and more vulnerable to heat, Lee said. The population is also slowly shifting to cities, which are more exposed to heat.

THE FUTURE

In some places, last year's heat already rivals the worst on record. As of late May, Miami was on track to be 1.5 degrees warmer than the hottest May on record, according to McNoldy. Dallas' Murphy pointed to maps saying conditions with a broiling Mexico are "eerily similar to what we saw last June" so he is worried about "a very brutal summer." □

Tsitsipas eases into the French Open fourth round while Swiatek, Gauff, Sinner also advance

By JEROME PUGMIRE and
TOM NOUVIAN

Associated Press

PARIS (AP) — Stefanos Tsitsipas was in a reflective mood after beating Zhang Zhizhen 6-3, 6-3, 6-1 to reach the fourth round of the French Open on Friday. The 2021 runner-up says tennis plays a fundamental part in shaping his thinking. "I get the feeling that without tennis my life would have been so much different, with regards to challenging myself and setting personal goals for myself," Tsitsipas said. "Tennis helps me fill out those dreams and fulfil my deepest desires as a human being."

The ninth-seeded Tsitsipas, who won the Monte Carlo Masters in April, feels his game is in good shape. Next up for the big-serving Greek is unseeded Italian player Matteo Arnaldi.

"I have been keeping an eye on him the last six months," Tsitsipas said. "He's a very good fighter." Arnaldi advanced by eliminating sixth-seeded Andrey Rublev 7-6 (6), 6-2, 6-4.

Rublev came as a con-



Russia's Andrey Rublev throws his racket on the clay court after missing a shot against Italy's Matteo Arnaldi during their third round match of the French Open tennis tournament at the Roland Garros stadium in Paris, Friday, May 31, 2024.

tender after winning the Madrid Open this month but he showed frustration against Arnaldi for his lack of precision, committing 37 unforced errors and four double faults. After netting a forehand in the third set, Rublev smashed his racket on his knee four times.

"I am completely disappointed with myself, with the way I behaved, the way I performed, and I can't remember ever behaving worse in a Grand Slam tournament," he said. "It was the first time I ever behaved that badly." Arnaldi disagreed.

"He does those things almost every match. Personally, I don't pay too much attention," Arnaldi said. "But it definitely does give me a little confidence, because it means I am giving him trouble, and what I was doing was working." Two-time major winner Car-

Associated Press

los Alcaraz was playing 27th-seeded American Sebastian Korda later Friday. No. 2 Jannik Sinner of Italy progressed by downing Pavel Kotov 6-4, 6-4, 6-4. The Australian Open champion next faces Corentin Moutet or Sebastian Ofner. On the women's side, top-ranked Iga Swiatek reached the fourth round by beating Marie Bouzkova 6-4, 6-2. The three-time French Open champion from Poland won on her fourth match point, celebrating another Roland Garros victory on the day she turned 23.

Former French player Fabrice Santoro did the post-match interview and got the crowd on Court Philippe Chatrier to join in with him as he sang "Happy Birthday." Swiatek put her head in her hands, shyly, then lifted it up and smiled broadly.

The match was not the thrill-a-minute contest she had with Naomi Osaka in the second round, when Swiatek saved a match point and grabbed the last five games. □

Biden is hosting the Kansas City Chiefs minus Taylor Swift to mark the team's Super Bowl title

By DARLENE SUPERVILLE

Associated Press

WASHINGTON (AP) — President Joe Biden is welcoming the Kansas City Chiefs to the White House on Friday to celebrate the NFL team's third Super Bowl victory in five years.

The entire team was expected to participate in the event on the South Lawn, for the second time in two years. But one person not expected was singer Taylor Swift, the girlfriend of tight end Travis Kelce.

Biden is honoring the Chiefs after their come-from-behind overtime win over the San Francisco 49ers in the Super Bowl in Las Vegas in February. It's a longstanding tradition for major championship sports teams, both professional

and collegiate, to be invited to the White House.

IN 2023, the Chiefs defeated the Philadelphia Eagles, first lady Jill Biden's favorite football team. She grew up near Philadelphia and attended the game. Kansas City defeated San Francisco to claim the 2020 Super Bowl title.

The Chiefs shared on social media early Friday that "we're celebrating our back-to-back championship seasons and victory in Super Bowl LVIII at the White House."

Kicker Harrison Butker, who made headlines by assailing some of Biden's policies during a commencement speech earlier this month, was expected to accompany his teammates to the White House. Butker recent-

ly defended his comments, saying he had no regrets about expressing his beliefs. In the May 16 speech at Benedictine College, a private Catholic liberal arts school in Atchison, Kansas, Butker congratulated the women who were receiving degrees and said most of them were probably more excited about getting married and having children. He criticized some of Biden's policy positions, including the Democratic president's condemnation of the Supreme Court's reversal of its 1973 Roe v. Wade decision that legalized abortion nationwide. Abortion is an issue that Biden and his fellow Democrats hope to use to their advantage in the November elections.

Butker also tackled Biden's response to the COVID-19 pandemic, which has killed nearly 1.2 million people in the U.S., according to the

Centers for Disease Control and Prevention.

As for Swift, her absence was bound to disappoint many in the White House. □



President Joe Biden talks with Kansas City Chiefs quarterback Patrick Mahomes and Kansas City Chiefs tight end Travis Kelce as Biden welcomes the football team to the White House in Washington, June 5, 2023, to celebrate their championship season and victory in Super Bowl LVII.

Associated Press

Explore the Farmers Market

EVERY 1ST SUNDAY OF THE MONTH

Discover locally grown produce, handmade crafts, and more while supporting Aruba's talented artisans and farmers



Matividiri 57, Paradera, Aruba | info@arubaostrichfarm.com

NBA's Mavs and NHL's Stars chase a Dallas double with their deepest playoff run together

By **SCHUYLER DIXON**
AP Sports Writer

DALLAS (AP) — Dereck Lively II of the Dallas Mavericks tossed the question back at the reporter when the rookie center was asked if he knew why so many fans shouted "Stars" during the national anthem at his home games.

"You tell me why," Lively said, prompting the explanation that supporters of Dallas' NBA team were offering a shoutout to fans of the NHL's Stars, who for years have yelled their team's nickname both times it comes up during "The Star-Spangled Banner."

"I definitely had a sneaking suspicion, but I didn't want to guess," the 20-year-old from Duke said. "So that's what I thought it was."

The Mavericks and Stars reached the Western Conference finals in their respective leagues together this spring for the first time in the 31 years since the NHL franchise moved south from Minnesota.

Lively and co-stars Luka Dončić and Kyrie Irving have the Mavs in the NBA Finals for the first time in 13 years, with Game 1 in Boston next week. The Stars will play at least six games against Edmonton for a spot in the Stanley Cup Final, which was last played in Dallas in 2000 when the clubs shared since-demolished Reunion Arena.

It's making for a busy spring for American Airlines Center workers who can convert the floor from ice to hardwood or vice versa in a matter of hours at the 23-year-old arena. They do that constantly for six months during the regular



The exterior of American Airlines Center is seen prior to Game 4 of the NBA basketball Western Conference finals between the Dallas Mavericks and the Minnesota Timberwolves, Tuesday, May 28, 2024, in Dallas.

Associated Press

season, occasionally for a day-night doubleheader with less than five hours to spare between games.

By the time these NBA and NHL playoffs are over, the AAC, as the locals call it, will have hosted about 25 postseason games, after each team played 41 games there in regular seasons that started almost eight months ago.

It's just the sixth time that NBA and NHL teams sharing an arena have reached the conference finals together, and the first since the Nets and Devils in New Jersey in 2003.

"There's gonna be a lot of things sold in this stadium," Mavs coach Jason Kidd said, chuckling at himself while seeming to have the word "alcohol" running around in his brain.

"A lot of water's going to be sold, so it's going to be an incredible time here in Dallas. It's going to be busy downtown."

The Texas Rangers won their first World Series last fall, an interesting twist considering they were a strike away from winning the title twice in 2011 when the Mavs were reigning NBA champs.

That 2011 championship is the only one for the Mavericks so far. The Stars won their lone Stanley Cup in 1999. Now the clubs are closer than ever to a Dallas double.

"It's awesome," Stars captain Jamie Benn said. "I think both franchises probably got some motivation from the Rangers as well. We're happy to watch the Mavs go on and do so well. And we're supporting them as much as they're supporting us."

Even a couple of out-of-town football stars are getting into it.

Kansas City Chiefs tight end Travis Kelce showed up in a suite with former Stars goalie Marty Turco and plenty

of others for a 3-1 victory over Edmonton in Game 2. That footage prompted fellow three-time Super Bowl winner and quarterback Patrick Mahomes, a Texas native, to post on X imploring his favorite receiver to "get out of my arena!!" Mahomes and his wife, Brittany, attend a fair share of Mavs games.

A night later, Mahomes and Kelce were sitting next to each other courtside when the Mavs beat Minnesota 116-107 for a 3-0 series lead.

"It's just dope to see both of us in the same position right now," Mavs center Daniel Gafford said. "Something that you never think you would think on as a kid, but now that you're in a position of thinking about it, it's just like, 'Wow.'"

Nathaniel Lowe won his first Gold Glove at first base while helping the Rangers win the championship. The gregarious Lowe seems to

relish showing up on the video boards when he attends Stars games.

"The DFW area has given me a lot like, a lot," Lowe said, referring to the acronym that includes Fort Worth. "And I feel really fortunate to be part of a championship organization there."

So if that can bleed into hockey and basketball and then, ideally, across the road to football too, then we've got a good thing going."

By "football," Lowe means the Dallas Cowboys, who play just a few hundred yards from the home of the Rangers in Arlington, halfway between Dallas and Fort Worth. One of the biggest brands in pro sports, the Cowboys haven't reached an NFC championship game since winning the last of the franchise's five Super Bowls to finish the 1995 season.

Dak Prescott is the latest quarterback to bear the burden of trying to get that playoff breakthrough, and he sees what's going on about 30 miles south of the headquarters of America's Team in a Dallas suburb.

"It's not jealousy, but yeah, it fires you up," said Prescott, who endured his biggest postseason disappointment in January with a shocking wild-card loss at home when the Cowboys were favored to beat the Green Bay Packers.

"I want it for them," Prescott said. "I want it because it only raises the stakes and makes it tougher on me. And I'm for that."

Go win it. Rangers did it. Other two go do it. Put more (expletive) pressure on us." □